


Guidelines for Diabetics

Intervention approaches involving diet and exercise may be effective in preventing and treating incidence of Type II Diabetes. Even in Type I Diabetes, diet management is one of the focal points in treating it.

General Notes for Diabetics
1) Caloric restriction and moderate weight loss (4.5 kg to 9 kg) have been shown to improve diabetes control.
2) Adequate intake of whole grain products, vegetables, legumes and fruits are good source of vitamins, minerals and dietary fiber.
3) Sweeteners like saccharine, aspartame, acesulfame K and sucralose are safe to use. However, pregnant women should not use saccharine as it can cross the placenta.
4) Diabetics having nephropathy should be on a protein restricted diet and source of protein should be of high biological value. eg:- egg, fish, paneer etc.
5) It is important for diabetics to lower the intake of saturated fat and cholesterol containing fats like ghee, butter, margarine, cream high fat dressings etc.
6) Lowering the intake of salt for diabetics have shown to have a beneficial effect.
7) Exercise should be an integral part of the treatment plan for persons with diabetes. Exercise helps all persons with diabetes improve insulin sensitivity, reduce cardiovascular risk factors, control weight and bring about a healthier mental outlook.
8) Consuming Fenugreek (Methi) seeds everyday has been shown to have a beneficial effect. Methi seeds have 60% gel like substance, which swells and forms a barrier in the stomach and slows the absorption of carbohydrate. Recommended intake: 12.5 - 25 gms/day (in any form eg. sprouts, vegetables, powder)
9) Other foods like bitter gourd (karela), jamun have alkaloids which have shown a positive effect in control of diabetes.

Patients who are on Insulin
1) Day to day consistency in the timing and amount of food eaten is important.
2) It is not necessary to create unnatural or artificial divisions of meals and snacks.
3) It is very important to understand the start of action time, its peak time and total duration of action of insulin which he is being administered and to correlate well with the food timings and amount of food eaten. Caution: Patients needing more personalized menu should visit the doctor or dietician for the same.

Please Note: This information is generic in nature and for any of your specific queries please consult your Doctor/Dietician.
Please do not disregard the advice provided by your health care professional for the information given in the guidelines.
Results may vary from patient to patient.
For best results observe your weight and have a periodical check up with your doctor.

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Guidelines for patients with Hypertension


Hypertension is a risk factor for Coronary Heart Disease(CHD), stroke and heart failure. The higher the blood pressure, the greater the risk of CHD. Treating, hypertension decreases the incidence of stroke, CHD and heart failure. Lifestyle and diet modification play a prominent role for both prevention and management of hypertension.

RECOMMENDED MODIFICATIONS	RATIONALE
Weight reduction (if overweight, decrease caloric intake, increase exercise)	Blood pressure is positively correlated with body weight Blood pressure nearly always falls with loss of weight
Increase exercise	The incidence of blood pressure is much higher in people who are inactive
Give up smoking and drinking	Both stimulate high blood pressure
Find ways to relax and reduce stress	Negative thinking and stress plays a key role in development of high blood pressure. Mental tension stimulates the secretion of certain undesirable hormones inside the body, which cause high blood pressure
Limit the consumption of tea, coffee	Excessive consumption of tea and coffee stimulate high blood pressure

Note: Your salt restriction should be in accordance with what your doctor prescribes for you. The following are general DO'S and DONT's

FOODS	DO's	DONT's
Beverages	Soda water, skimmed milk tea, coffee in moderation	Excessive consumption of alcohol and soft drinks
Snack items	Snacks prepared with minimum amount of salt	Oily and highly salted chivda, wafers, sev, salted nuts, samosa, vada dhoklas and alike
Cereal products	Whole wheat flour rotis, bhakris, bread etc.	Bakery items like biscuits, bread, cakes, doughnuts, pasteries, pizza bread, Pasta etc.
Meat sea-food and poultry	Lean cuts of chicken and fresh fish.	Organ meat such as liver, kidney, brain and sea foods such as lobster, crab or dried and salted fish
Vegetables	All types of vegetables	Vegetables made using soda-bi-carb
Fruits	All fresh fruits	Tinned fruits, canned juices and syrups
Pulses / Lentils	All types can be consumed	Pulses to which soda is added
Seasoning	Lime, vinegar, home made sour curds etc.	Do not sprinkle additional salt over your food or salad Do not use ready made sauces, chutneys and dressing like mayonnise

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Guidelines for patients on low fat, low cholesterol diet

Studies have shown that diet has an effect on blood serum lipid and blood cholesterol. Intake of saturated fat is shown to have correlation with serum cholesterol levels. Smoking cessation, weight control, normalization of blood lipid, active lifestyle and right food intake are the key factors for treatment.

1. Fiber rich foods are beneficial and improve satiety. Soluble fiber from oats and methi seeds lower the absorption of cholesterol from the digestive track.
2. Steamed and boiled preparations are preferable to fried food. Reducing total fat intake, especially saturated fat and cholesterol in diet will help reducing both weight and cholesterol level.
3. To reduce the risk of heart disease you need regular physical activity and a relaxed lifestyle. People with high levels of triglycerides or cholesterol have a high risk for heart diseases. The best way to reduce them is through exercise and a diet that is low in fat and in simple sugar.

	Foods permitted	Foods to be excluded
Fats and oils (3-4 tsp/day)	Sunflower, safflower, soyabean, corn and canola.	Ghee, butter, margarine, coconut and palm oil, cream, lard, baconfat, egg yolks
Milk and milk products	Skim milk and its products	Whole dried condensed milk, milkshakes from whole milk. Full fat dairy products ie. cheese, cream
Eggs	Egg white	Egg yolks and its preparations.
Cereals	Foods made from whole cereals. Eg.: Whole wheat flour chapatti, Jowar, Bajra bhakri.	Items made from refined flour or maida
Pulses / Lentil / Dals (2-3 serv/day)	All types should be consumed	Dals/Lentils prepared in high fat gravies (like Dal fry and oily Chana masala)
Vegetables (3 or more serv/day)	All fresh vegetables particularly dark, green, yellow vegetables which are high in vitamins and minerals. Also eat plenty of vegetables in raw form to ensure consumption of good amount of fiber.	Avoid consuming fried vegetables or vegetables prepared in coconut, groundnut and cashewnut gravies.
Fruits (1-2 serv/day) 1 serving = 1 small fresh fruit.	All fresh fruits. Eat fruits with their skin (like an apple or pears) whenever possible	Canned fruits or fruits prepared in syrups.
Fish poultry and meat	Fresh fish or chicken (Lean cuts)	Red organ meats, shell fish, fried, smoked or salted fish and oil packed canned fish.
Beverages (other than fruit juice)	Soda water, tea, uncreamed soups, thin butter milk, Coffee in moderation	Flavoured coffees, whole milkshakes, high butter lassis and soft drinks.
Seasoning/Dressing and Sauces	Lemon juice, vinegar, salt substitutes like garlic, mustard etc.	Seasonings and sauces containing Mono Sodium Glutamate or dressing containing egg yolk and oil like Mayonnaise, butter, cream, oil.
Snacks	Roasted snacks like khakra, murmura, whole channa.	All fried and salted snacks, burgers, butter popcorn, potatochips nuts and dryfruits
Eating Out	Steamed, broiled, roasted, baked or boiled low fat items.	Avoid fast food burgers, tacos, fried dishes, egg dishes. Vegetable curry with lot of oil/ghee should be avoided.

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Guidelines for Exercises

Before engaging in any strenuous exercise programs, it is advisable to consult a physician who can provide valuable information to aid in choosing an exercise regime.


1) Exercise is critical to maintain a healthy life style
2) Studies indicate that exercise combined with a diet program helps reducing Blood Sugar, Cholesterol, Blood Pressure etc.
3) Brisk walking, jogging, swimming, cycling, aerobic exercises and alike are recommended
4) Experts recommend at least 30 minutes of brisk walking most days of the week.
5) People who maintain an active lifestyle have a lower risk of developing chronic diseases like diabetes/ heart disease than sedentary people
6) If your BMI indicates Grade II or Grade III Obesity, please seek medical advice before you start on an exercise regime.

Energy expenditure of some common Physical Activities

<u>Activity</u>	<u>Approximate Calories used per hour</u>
Sweeping floors	155
Walking upstairs	230
Standing	155
Playing Volley ball Recreational	200
Competitive	480
Table Tennis	300-420
Cycling 5 to 15 miles/hr	300-720

<u>Activity</u>	<u>Approximate Calories used per hour</u>
Badminton Recreational	300
Competitive	600
Basketball	350-540
Swimming Recreational	350
Competitive	600-720
Dancing(moderate)	300
Walking uphill (3.5mph)	330-420

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